A12 cont.

a linoleic acid content of more than 1% and less than 65% by weight based upon the total fatty acid content,

a palmitic acid content of more than 20% and less than 40% by weight based upon the total fatty acid content,

a stearic acid content of more than 3% and less than 15% based upon the total fatty acid content,

wherein the palmitoleic acid content is less than 4% based upon the total fatty acid content, and[;]

the asclepic acid content is less than 4% based upon the total fatty acid content.

14. (Amended) Sunflower seeds of claim ~~13~~ wherein the palmitoleic acid content is less than 3% based upon the total fatty acid content.

15. (Amended) Method for preparing sunflower seeds as claimed in claim ~~13~~, comprising the steps of:

a) crossing sunflower seeds of the mutant sunflower line IG-1297M deposited on 20 January 1998 with ATCC under deposit accession number ATCC-209591 with the mutant sunflower line CAS-3, deposited on 14 December 1994 with the ATCC under deposit accession number ATCC-75968,

b) self-pollinating F1 progeny plants of step a) for at least two generations to produce inbred plants,

c) selecting from the progeny of step b) plants with seeds containing an oil having a palmitic acid content of more than 20%, a palmitoleic acid content of less than 4% and an asclepic acid content of less than 3%,

d) collecting progeny seeds from step c), and optionally

e) repeating the cycle of culturing, selection and collection of seeds.

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